

ISMA (International Swim Meet Amersfoort)
Amersfoort, 20- - 22-2-2026

Programmanr. 1
20-2-2026 - 16:00

Dames, 400m wisselslag

Senioren Open
Resultaten

rang	naam	vereniging	intijd	tijd	RT	
Onder 14						
1.	Eva ter Horst	ZPC Hoogeveen	5:30.53	201200070	5:41.49 +0,64	
	50m: 35.61	35.61 150m: 1:59.26	41.80	250m: 3:32.18	52.11 350m: 5:03.55	39.19
	100m: 1:17.46	41.85 200m: 2:40.07	40.81	300m: 4:24.36	52.18 400m: 5:41.49	37.94
2.	Fenna Beumer	PSV	5:34.22	201300176	5:55.18 +0,80	
	50m: 36.76	36.76 150m: 2:08.44	46.51	250m: 3:45.70	49.67 350m: 5:17.10	40.54
	100m: 1:21.93	45.17 200m: 2:56.03	47.59	300m: 4:36.56	50.86 400m: 5:55.18	38.08
3.	Benthe de Beer	PSV	5:38.07	201302638	5:56.16 +0,69	
	50m: 36.71	36.71 150m: 2:11.60	48.09	250m: 3:47.85	49.93 350m: 5:17.43	40.09
	100m: 1:23.51	46.80 200m: 2:57.92	46.32	300m: 4:37.34	49.49 400m: 5:56.16	38.73
4.	Dominique Forschelen	MNC Dordrecht	NT	201300602	6:06.02	
	50m: 40.79	40.79 150m: 2:14.23	47.36	250m: 3:55.24	57.25 350m: 5:30.02	39.30
	100m: 1:26.87	46.08 200m: 2:57.99	43.76	300m: 4:50.72	55.48 400m: 6:06.02	36.00
5.	Emma Juliette Jansen	ZPC AMERSFOORT	6:07.65	201200158	6:15.70 +0,69	
	50m: 40.41	40.41 150m: 2:19.38	48.64	250m: 3:56.54	49.10 350m: 5:30.89	45.63
	100m: 1:30.74	50.33 200m: 3:07.44	48.06	300m: 4:45.26	48.72 400m: 6:15.70	44.81
6.	Elisa Reirink	O Z & P C	6:17.26	201303452	6:17.32 +0,65	
	50m: 39.57	39.57 150m: 2:19.43	46.56	250m: 3:59.47	54.70 350m: 5:35.61	41.90
	100m: 1:32.87	53.30 200m: 3:04.77	45.34	300m: 4:53.71	54.24 400m: 6:17.32	41.71
7.	Fien Stolk	Zwemlust- den Hommel	6:28.37	201302282	6:19.83 +0,57	
	50m: 40.33	40.33 150m: 2:21.77	51.40	250m: 3:59.71	49.14 350m: 5:36.01	44.16
	100m: 1:30.37	50.04 200m: 3:10.57	48.80	300m: 4:51.85	52.14 400m: 6:19.83	43.82
8.	Flore Hovens	Zwemlust- den Hommel	6:21.15	201201632	6:29.08 +0,80	
	50m: 39.14	39.14 150m: 2:22.20	50.66	250m: 4:02.99	53.16 350m: 5:44.71	46.43
	100m: 1:31.54	52.40 200m: 3:09.83	47.63	300m: 4:58.28	55.29 400m: 6:29.08	44.37
9.	Aden Koksall	Zwemlust- den Hommel	6:49.28	201202484	6:33.44	
	50m:	150m: 2:22.45	53.16	250m: 4:05.20	52.24 350m: 5:48.27	49.14
	100m: 1:29.29	200m: 3:12.96	50.51	300m: 4:59.13	53.93 400m: 6:33.44	45.17
10.	Mira Kaim	ZPC AMERSFOORT	6:37.33	201301078	6:38.76 +0,77	
	50m: 38.89	38.89 150m: 2:25.96	53.73	250m: 4:10.44	52.63 350m: 5:53.87	46.70
	100m: 1:32.23	53.34 200m: 3:17.81	51.85	300m: 5:07.17	56.73 400m: 6:38.76	44.89
11.	Elize Poot	Zwemlust- den Hommel	6:39.39	201301408	6:42.26	
	50m: 40.02	40.02 150m: 2:29.10	54.00	250m: 4:14.57	53.50 350m: 5:57.87	46.83
	100m: 1:35.10	55.08 200m: 3:21.07	51.97	300m: 5:11.04	56.47 400m: 6:42.26	44.39
DIS	Jana Nelissen	PSV	5:49.53	201200350		
	<i>AE - De aangegeven zwemslag niet uitgevoerd.</i>					

Onder 16

1.	Yanique Bax	ZPC AMERSFOORT	5:27.36	201001428	5:26.34 +0,72	
	50m: 32.41	32.41 150m: 1:54.99	44.02	250m: 3:24.60	50.38 350m: 4:50.83	36.81
	100m: 1:10.97	38.56 200m: 2:34.22	39.23	300m: 4:14.02	49.42 400m: 5:26.34	35.51
2.	Brechtje Sloopweg	ZPC AMERSFOORT	5:26.83	201101744	5:36.68 +0,75	
	50m: 32.67	32.67 150m: 1:54.14	43.23	250m: 3:28.76	51.69 350m: 4:59.22	37.68
	100m: 1:10.91	38.24 200m: 2:37.07	42.93	300m: 4:21.54	52.78 400m: 5:36.68	37.46
3.	Florien Pot	O Z & P C	5:37.94	201000768	5:41.11 +0,82	
	50m: 36.32	36.32 150m: 2:02.09	43.19	250m: 3:36.28	50.79 350m: 5:05.03	37.44
	100m: 1:18.90	42.58 200m: 2:45.49	43.40	300m: 4:27.59	51.31 400m: 5:41.11	36.08
4.	Myrthe Bruinsma	ZPC AMERSFOORT	5:38.89	201101108	5:50.00 +0,85	
	50m: 35.00	35.00 150m: 2:03.48	45.83	250m: 3:37.51	48.65 350m: 5:09.84	42.13
	100m: 1:17.65	42.65 200m: 2:48.86	45.38	300m: 4:27.71	50.20 400m: 5:50.00	40.16
5.	Myron Dekker	ZPC Hoogeveen	5:43.70	201000512	6:01.20 +0,87	
	50m: 43.29	43.29 150m: 2:20.02	44.19	250m: 3:53.40	50.52 350m: 5:23.00	39.66
	100m: 1:35.83	52.54 200m: 3:02.88	42.86	300m: 4:43.34	49.94 400m: 6:01.20	38.20
6.	Lian Vonk	ZPC AMERSFOORT	5:50.21	201001606	6:01.45 +0,67	
	50m: 35.10	35.10 150m: 2:05.70	46.31	250m: 3:47.97	57.15 350m: 5:24.13	39.34
	100m: 1:19.39	44.29 200m: 2:50.82	45.12	300m: 4:44.79	56.82 400m: 6:01.45	37.32

Onder 18

1.	Siri Vanderlinden	Zwemfed	5:00.50	VZF/20019/09	4:58.84 +0,75	
	50m: 30.28	30.28 150m: 1:44.97	39.05	250m: 3:07.92	45.32 350m: 4:26.80	33.12
	100m: 1:05.92	35.64 200m: 2:22.60	37.63	300m: 3:53.68	45.76 400m: 4:58.84	32.04
2.	Jade van der Schrier	AZC	4:51.79	200800692	5:00.26 +0,82	
	50m: 33.04	33.04 150m: 1:50.86	39.78	250m: 3:12.07	43.33 350m: 4:28.54	33.33
	100m: 1:11.08	38.04 200m: 2:28.74	37.88	300m: 3:55.21	43.14 400m: 5:00.26	31.72

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Programmanr. 1, Meisjes, 400m wisselslag, Onder 18

rang	naam	vereniging		intijd			tijd			RT		
3.	Tine Vinck	MEGA		5:18.73			MEGA/41315/08			5:27.65	+0,73	
	50m:	34.77	34.77	150m:	1:58.97	42.44	250m:	3:28.26	47.61	350m:	4:52.91	36.79
	100m:	1:16.53	41.76	200m:	2:40.65	41.68	300m:	4:16.12	47.86	400m:	5:27.65	34.74

18 en ouder

1.	Rhodee van den Ham	De Duinkickers		5:02.12			200700090			5:06.05	+0,73	
	50m:	32.68	32.68	150m:	1:50.19	40.67	250m:	3:13.41	43.02	350m:	4:32.35	35.40
	100m:	1:09.52	36.84	200m:	2:30.39	40.20	300m:	3:56.95	43.54	400m:	5:06.05	33.70
2.	Jisca Majolée	ZPC AMERSFOORT		5:52.25			199403570			6:07.71	+0,91	
	50m:	38.76	38.76	150m:	2:13.50	49.09	250m:	3:51.82	51.05	350m:	5:27.31	43.33
	100m:	1:24.41	45.65	200m:	3:00.77	47.27	300m:	4:43.98	52.16	400m:	6:07.71	40.40